

# KIT LIST

## 5 DAY

### ESSENTIALS:

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytime away from camp
- Warm sleeping bag (season 3)
- Roll mat
- Tracksuit/hard-wearing trousers
- T-shirts
- Warm jumpers/fleece
- Waterproof jacket and trousers
- Warm socks and underwear
- Footwear (2 pairs e.g. walking boots, old trainers)
- Swimwear & suitable swimming footwear (e.g old trainers)
- Towel(s)
- Wash bag including toothbrush, toothpaste and face wipes
- Water bottle
- Good torch with fresh batteries
- Insect repellent
- Alcohol Hand Gel

### OPTIONAL:

- Sleeping bag liner
- Pillow
- Pyjamas
- Whistle

### WEATHER DEPENDENT:

- Wellington boots
- Warm hat and gloves
- Sun cream
- Sun hat

## 3 DAY

### ESSENTIALS:

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytime away from camp
- Warm sleeping bag (season 3)
- Roll mat
- Tracksuit/hard-wearing trousers
- T-shirts
- Warm jumpers/fleece
- Waterproof jacket and trousers
- Warm socks and underwear
- Footwear (2 pairs - e.g. walking boots, old trainers)
- Swimwear & suitable swimming footwear (e.g old trainers)
- Towel(s)
- Wash bag including toothbrush, toothpaste and face wipes
- Water bottle
- Good torch with fresh batteries
- Insect repellent
- Alcohol Hand Gel

### OPTIONAL:

- Sleeping bag liner
- Pillow
- Whistle

### WEATHER DEPENDENT:

- Wellington boots
- Warm hat
- Gloves
- Sun cream
- Sun hat

## 2 DAY

### ESSENTIALS:

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytime away from camp
- Warm sleeping bag (season 3)
- Roll mat
- Tracksuit/hard-wearing trousers
- T-shirts
- Warm jumpers/fleece
- Waterproof jacket and trousers
- Warm socks and underwear
- Footwear (2 pairs e.g. walking boots, old trainers)
- Towel
- Wash bag including toothbrush, toothpaste and face wipes
- Water bottle
- Good torch with fresh batteries
- Insect repellent
- Alcohol Hand Gel

### OPTIONAL:

- Sleeping bag liner
- Pillow
- Pyjamas
- Whistle

### WEATHER DEPENDENT:

- Wellington boots
- Warm hat and gloves
- Sun cream
- Sun hat